

EMPOWERED

Therapy, LLC

Specialized Therapy
for Teens, Women, & Parents

Kelly Caul, MSW, LCSW
314-952-3199
kkcaul@yahoo.com
www.kellycaul.com
7225 Manchester, 2nd Floor
Saint Louis, MO 63143

Empowering

WOMEN

an interactive workshop for adolescent girls

It is critical for young women to feel respected, validated, + understood.

Young women need to feel empowered; to know they have the strength to affect their world + their identity.

Designed to EMPOWER young women to ~

- Identify, recognize, & develop strengths as a woman
- Find your voice! Increase self-esteem & self-awareness while becoming more comfortable in your own skin
- Discover healthy & productive ways of coping to survive the pressures & expectations of being a teenage woman
- Strengthen healthy relationships –with friends, dating relationships, & family
- Learn to understand self & others while building empathetic behavior with peers
- Build community! Connect with & learn from other young women who are dealing with similar experiences
- Celebrate diversity & individual differences

This workshop is for young women who need a safe place to talk about ~

- Self-esteem, body image, finding confidence to stand up for yourself, resisting pressures to follow the crowd
- Struggles with friendships, boys, & boundaries, while working towards a healthy life balance
- Understanding & managing emotions, maintaining trust & relationships with parents
- Becoming more independent, while taking responsibility for your choices & happiness

Details ~

- Consists of creative & experiential learning activities that are tailored to meet the specific needs/issues pertinent to your group of girls
- Workshop is brought to your group - to schools, community centers, youth groups
- Can be implemented as a one time workshop or as a series of sessions

Help create a more supportive world for the young women with whom you work!

For more information & a free consultation to discuss the unique needs of your group & how this workshop can be tailored to meet those needs, contact

Kelly Caul, MSW, LCSW at 314-952-3199 or visit the website www.kellycaul.com

Empowering you to...

